



"Learning that lasts a lifetime"

Newsletter

HEAD'S BLOG



We made it through January! And with the start of February comes thoughts of some lighter mornings and evenings, the prospect of pancakes and perhaps even some warmer weather! Alongside this, staff testing is underway with NO positive cases and the government's vaccination programme is ensuring many people in our community have accessed their vaccines. Hope of brighter and better days seem much more realistic now!

I hope you've taken some time to consider how you can look after your own, and others' mental health this week. It's been lovely seeing the photos you've shared, showing how your children look after theirs. Often the little things can make us feel a whole lot better when things are tough.

I have also enjoyed hearing about all the reading being done at home and shared with teachers via videos on Class Dojo! As you know, we place the utmost importance on the teaching of reading and want to do all we can to ensure children maintain progress. The more practice that can be done at home, the better and when teachers can encourage and provide feedback on your children's efforts, we hope this will spur them on even more!

Don't forget, if you want advice on book recommendations you can contact your child's class teacher as they can help with suggested titles or ways to access reading material. You can also access the [Books for Topics website](#), which lists a wealth of recommended reads with links to Amazon if you wish to find out more and buy one!

This week's online safety advice can be found later in the newsletter and links with our mental health awareness theme—Be Kind. There will be more online safety to come next week as we mark Safer Internet Day. This will form part of home learning this week so please check in with your child about what they've learned—it may spark a useful conversation about how they can keep themselves safe, at work and at play!

Have a great weekend.

Debbie Carmichael



Work is well under way for the school allotment.

The children have embraced their green fingers, braved the cold and worked really hard clearing the weeds and turning the soil over.

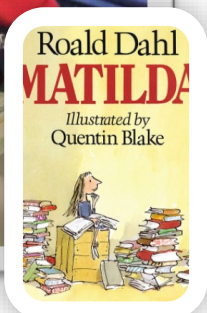
We are in desperate need of seed trays, tools and even a small polytunnel if anyone has anything they would like to donate!

Please contact your class teacher via Dojo or the school office to arrange drop off of any much appreciated donations.

Reading Challenge

This week, Mrs Bray launched her first weekly reading challenge which involved both adults and children.

We have LOVED seeing your responses and appreciate you sharing your efforts with us. Keep your eyes peeled for Monday's new challenge!

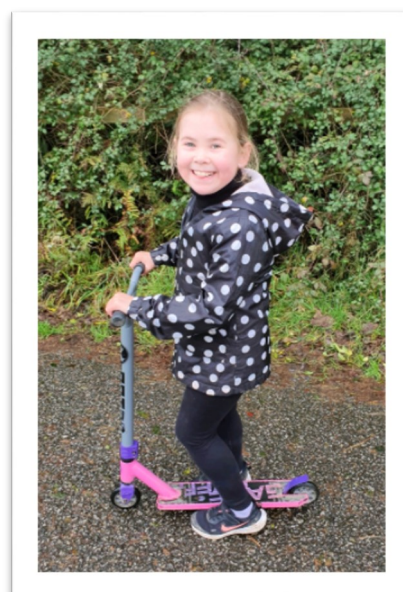


Virtual Games

Well done to everyone who has participated in the Cornwall Virtual School Games so far this week. It's been great to see everyone working towards one goal for Team BB. Even though we've had to do it separately, it really has been a whole school team effort as always. If you haven't had a chance to input your entries or do the activities yet, don't panic as I don't need to send the scores off until first thing on Monday. Feel free to complete them over the weekend and I'll close the online form last thing Sunday.

Thanks again for your enthusiasm and support.

Mr Nicholas



Early Years and Key Stage 1 'WOW work'

Super reading of our home reading book to develop fluency this week.

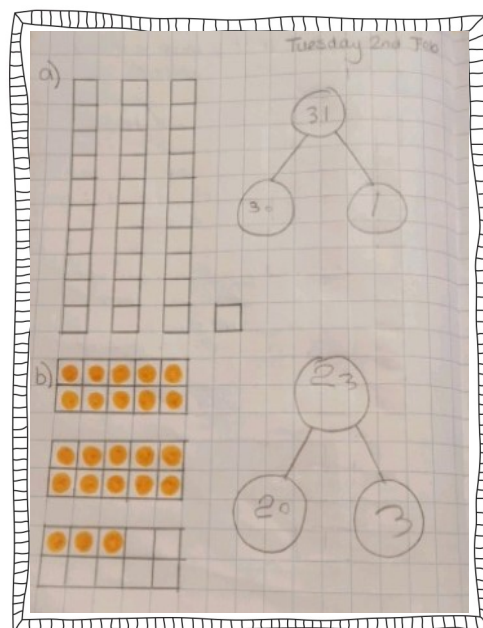


Exploring materials and their properties out and about this week.

Year one taking their practical maths representing numbers outside this week.



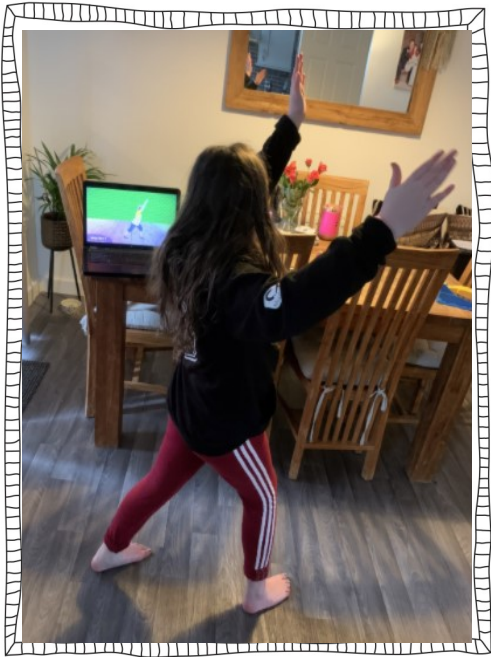
We've loved seeing how you've chosen to explore floating and sinking this week, year one and two!



Super maths work from year one this week as they've been identifying tens and ones and representing numbers to 50.

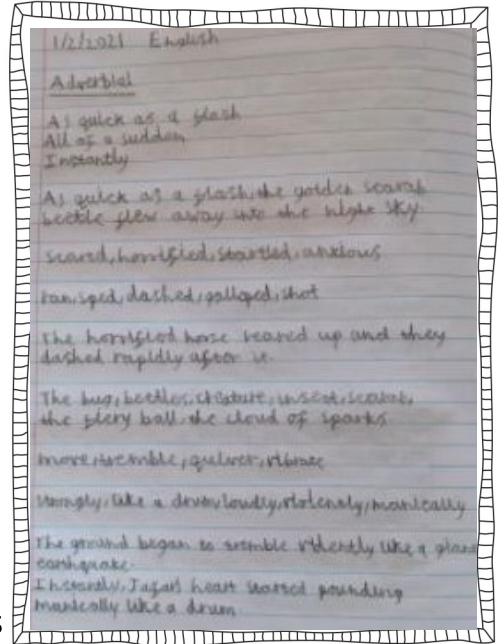
Key Stage Two 'WOW work'

Fantastic engagement in a wellbeing yoga session this week!



It's been great to see some of our year threes taking part in Mrs Bray's reading challenge too!

A brilliant example of planning the climax of the story during English this week.



Year 4 were challenged to create a picture, model, or piece of artwork with the title: 'The City'. A brilliant response from Alanna!



Look at this super weaving work created by our year four pupils this week!



Applying our knowledge of French fruits to create a set of instructions - they were even tested out and a 'Salade de fruit' was created.



The children have been busy learning all about paper crafts this week as part of their Art lessons.



This week's Achievers



BBeebies

Rory

For being considerate of others and a kind friend.

Rainbows

Leo

For his perseverance and determination when practising his writing.

Stars

Lowenna

For always giving her all in her home learning and having a huge smile on her face. Miss Burr loves watching your videos!

Year 1

Isabelle

For engaging creatively in your home learning, showing us your super phonics progress and completing Mrs Bray's reading challenge!

Year 2

Scarlett

For working really hard every day this week and reading a great story this week.

Year 3

Elsie

For brightening Mr Nicholas' day every time he's in school with her huge smile, her kind heart and her hardworking efforts in all her learning this week.

Year 4

Alanna

For being so creative in your home learning this week.

Year 5


Tyler

For an amazing report on tigers and also impressing us with all of your maths!

Year 6

Rowan

For completing every single piece of his home learning to the very best of his ability!



Mental Health Awareness Day

This week, we celebrated 'Inside Out Day' to mark Children's Mental Health Week, which is an awareness campaign aimed to enable young people to start talking about their mental health. How someone looks on the outside doesn't necessarily reflect how they are truly feeling on the inside, so it is important to always be kind and think of others.

Therefore, we marked the occasion by turning our clothes inside out to get important conversations started to share the message that nobody should be embarrassed about how they feel.

BE KIND

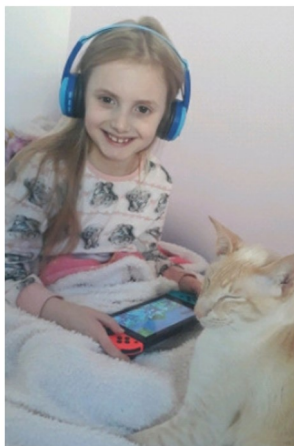
IT'S OK NOT
TO BE OK

NO ONE
KNOWS HOW
SOMEONE
ELSE IS
FEELING ON
THE INSIDE

THINK OF
OTHERS

YOU ARE NOT
ALONE

In KS1, the children were encouraged to think carefully about what they can do to make themselves feel happy and what feels good for positive mental health. We loved seeing their responses which included, daily walking, playing with lego, reading, listening to music and enjoying daily walks in the sunshine.



ONLINE SAFETY

As it's Mental Health Awareness week, here are some ways you can 'Be Kind Online'

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.

2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.

3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.

5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.

7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.

13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.

14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



NOTICES

Policy for Emergency School Closure

As we enter the period where the likelihood of extreme adverse weather increases, there is always the possibility that the school may need to close due to severe weather (eg snow or flood) or premises problems (eg loss of heating, loss of power).

It is therefore important that I remind you of the procedure for closing the school. I am not expecting this to happen and very much hope that we do not need to do so. A copy is also on the school website under the site safety section under Parents Information tab.

In the unlikely event of storm damage or bad weather (snow) forcing the school to close, the following procedure will be taken:

1 Closure before school begins (ie overnight or before 8am): Information will be broadcast on Radio Cornwall, Pirate FM and Heart FM. Our website will be updated as soon as possible. A text and Class Dojo message will also be sent out to all parents. In the case that pupils arrive at school, parents/carers will be informed as soon as possible and the pupil looked after until they are safely collected.

2 Closure during the school day: Messages will go out on local radio and on the school website. A text and Class Dojo message will also be sent out to all parents. Parents will be requested to collect their child as soon as possible. All pupils will be safely cared for until parent/carer can collect.

Thank you for your support with this. The safety and well-being of our students will be the first priority in all decisions on school closure.

Coronavirus reminders If your child develop any symptoms of Coronavirus (persistent cough, high temperature or loss of taste / smell), s/he **MUST NOT** come to school and school must be informed. Call 119 or get a test online at:

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

High temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).

A new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

If you believe that your child is well enough to attend school and they have only symptoms of a 'common cold' such as: runny nose, sore throat or a mild cough they are permitted to attend.

Parent Forum Comments received in our online suggestion box this week:

"Please could you consider having several star learners per day? For the children plodding on day after day it can feel like an eternity till it's their turn and this can actually have a really negative impact on their motivation."

Thank you for letting us know. This will be shared with teachers and some teachers are already acknowledging multiple pupils for special mentions during daily videos.

I would like to offer thanks for your support with both key worker provision and home learning. Staff have been amazing throughout and we are very grateful.

Thank you so much for your kind words as it means an awful lot!!! Our parents are pretty amazing too!

The suggestion box will remain open for you to share your comments. You can access it [here](#).